

## Sample Cold Breakfast Menus for CACFP Adult Day Care Centers

This document provides guidance and sample breakfast menus for adult day care centers that participate in the U.S. Department of Agriculture's (USDA) CACFP. The specified servings meet or exceed the requirements of the [CACFP Meal Patterns for Adults](#) and are indicated in parentheses after each menu item.

The CACFP lunch meal pattern for adults requires 1 cup of unflavored low-fat (1%), unflavored fat-free milk, or flavored fat-free milk; ½ cup of vegetables, fruits, or both; and 2 ounce equivalents (oz eq) of grains. Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week.



Each component must provide at least the minimum serving in the CACFP adult meal pattern. Lunch and supper menus may include additional foods or larger servings beyond the minimum requirements. Serve nutrient-dense foods that are appropriate to participants' nutrition needs.

For detailed guidance on the CACFP adult meal patterns, refer to the Connecticut State Department of Education's (CSDE) guide, [Meal Pattern Requirements for CACFP Adult Day Care Centers](#). For additional resources, refer to the CSDE's [Resources for the CACFP Meal Patterns](#) and visit the CSDE's [Meal Patterns for CACFP Adult Care Centers](#) webpage.

### Menu Planning Considerations for Breakfast

Consider the meal pattern requirements and recommendations below when planning CACFP breakfast menus. For detailed guidance on crediting foods, refer to the CSDE's [Crediting Summary Charts for CACFP Adult Meal Patterns](#) and visit the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

- **Fruits and vegetables:** Before planning juice at breakfast, check that the other meals and snacks that same day do not include juice. Pasteurized full-strength juice (including fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice) credits as either the vegetables component or fruits component at only one meal or snack per day. For more information, refer to the CSDE's resources, [Crediting Juice in the CACFP](#) and [Crediting Smoothies in the CACFP](#). Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. Raw leafy greens such as lettuce or spinach credit as half the volume served, e.g., ½ cup of raw leafy greens credits as ¼ cup of the vegetables component. For more information on crediting fruits and vegetables, visit the [“Fruits Component”](#) section and the [“Vegetables Component”](#) section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

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- **Grains:** Grains must be whole grain, enriched, bran, or germ. At least one serving of grains per day must be whole-grain rich (WGR). The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. Cooked and ready-to-eat (RTE) breakfast cereals cannot exceed 6 grams of sugars per dry ounce. For more information, refer to the CSDE's resources, [How to Identify Creditable Grains in the CACFP](#), [Crediting Breakfast Cereals in the CACFP](#), [Crediting Whole Grains in the CACFP](#), [Crediting Enriched Grains in the CACFP](#) and [Meeting the Whole Grain-rich Requirement for the CACFP](#). Grains must meet the required weights (groups A-E) or volumes (groups H-I) in [Grain Ounce Equivalents for the CACFP](#) or provide the minimum creditable grains per serving. For more information, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents in the CACFP](#). Grain-based desserts (such as cookies, doughnuts, cereal bars, granola bars, pastries, cake, and brownies) do not credit. The CSDE recommends limiting sweet crackers (graham crackers and animal crackers) to no more than twice per week between all meals and snacks. For more information, visit the USDA's webpage, [Grain-based Desserts in the CACFP](#). For more information on crediting grains, visit the "Grains Component" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.
- **Meat/meat alternates substituted for grains:** Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. A 1-ounce serving of meat/meat alternates (such as half of a large egg, 2 tablespoons of peanut butter, ½ cup of yogurt, 1 ounce of cheese or ¼ cup of cottage cheese) credits as 1 oz eq of the grains component. The serving refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. Nut and seed butters credit by volume (tablespoons) not weight. Yogurt cannot exceed 23 grams of total sugars per 6 ounces (3.83 grams per ounce). Commercial meat products with binders and extenders (such as deli meats, hot dogs, and sausage) and commercial combination foods (such as pizza and chicken nuggets) require a Child Nutrition (CN) label or product formulation statement (PFS) to determine crediting information. For more information on crediting meat/meat alternates, refer to the CSDE's resources, [Crediting Deli Meats in the CACFP](#) and [Crediting Commercial Meat/Meat Alternate Products in the CACFP](#), and visit the "Meat/Meat Alternates Component" section of the CSDE's [Crediting Foods in CACFP Child Care Programs](#) webpage. The USDA's *CACFP Best Practices* recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese.
- **Noncreditable foods:** Noncreditable foods cannot be served in place of the required components. Examples of noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. For more information, refer to the CSDE's resource, [Noncreditable Foods in CACFP Adult Day Care Centers](#).

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## Crediting Documentation

CACFP adult day care centers must be able to document that snack menus provide the required food components and quantities. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine the amount of purchased food that meets the required serving for each meal pattern component. Commercial processed foods not listed in the FBG require a CN label or PFS to document crediting information. For more information, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the CACFP](#), [Using Product Formulation Statements in the CACFP](#), and [Accepting Processed Product Documentation in the CACFP](#), and visit the "Crediting Commercial Processed Products" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers Programs](#) webpage.

Foods made from scratch must have a recipe that documents the crediting information per serving. For more information, visit the "Crediting Foods Prepared on Site" section of the CSDE's [Crediting Foods in CACFP Adult Day Care Centers Programs](#) webpage.

## Abbreviations for Sample Menus

**M** = Milk component

**G** = Grains component

**VF** = Fruits component

**WGR** = Whole grain-rich

**MMA** = Meat/meat alternate substituted for the grains component

**Not credited**

**A** = Additional creditable food (not full serving)

**O** = Other food (noncreditable)

**c** = cup

**Tbsp** = tablespoon

**tsp** = teaspoon

**oz** = ounce

**oz eq** = ounce equivalent

**Note:** The CSDE's sample menus are intended for informational purposes and do not guarantee compliance with the CACFP adult meal patterns. Crediting information for local menus will vary depending on the types of foods purchased by the CACFP adult day care centers, and the recipes and preparation techniques used. CACFP adult day care centers are responsible for ensuring that their menus meet the CACFP adult meal patterns and maintaining appropriate crediting documentation on file (refer to "Crediting Documentation" above).

## Sample Cold Breakfast Menus for CACFP Adult Day Care Centers

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<b>M</b> 1 cup	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)
	<b>G</b> 2 oz eq	Low-fat yogurt (1 c) <b>MMA</b>	Cheese roll-up: Whole-wheat tortilla (2 oz) <b>WGR</b>	Whole-grain bagel (2 oz) <b>WGR</b>	Whole-grain puffed cereal (2½ c) <b>WGR</b>	Enriched blueberry muffin (4 oz)
	<b>FV</b> ½ cup	Mixed berries (½ c)	Pineapple chunks (½ c)	Green grapes (½ c)	Banana slices (½ c)	Apricots (½ c)
	<b>A</b>		Low-fat cheese (1 oz)	Peanut butter (1 Tbsp)		
	<b>O</b>			Jelly (1 tsp)		
Week 2	<b>M</b> 1 cup	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)	Low-fat milk (1 c)
	<b>G</b> 2 oz eq	Low-fat cottage cheese (½ c) <b>MMA</b>	Whole-grain cereal rounds (2 c) <b>WGR</b>	Yogurt-fruit parfait: Vanilla Greek yogurt (1 c) <b>MMA</b>	Enriched banana bread (4 oz)	Whole-grain granola cereal (¼ c) <b>WGR</b> Whole-wheat roll (1 oz) <b>WGR</b>
	<b>FV</b> ½ cup	Pineapple tidbits in juice (½ c)	Blueberries (½ c)	Sliced strawberries (¼ c) and peaches (¼ c)	Applesauce (½ c)	Orange slices (½ c)
	<b>A</b>			Whole-grain granola (1 Tbsp)	Almond butter (1 Tbsp)	
	<b>O</b>					Margarine (1 tsp) or jelly (1 tsp)
Week 3	<b>M</b> 1 cup	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)
	<b>G</b> 2 oz eq	Hard-boiled egg (1 large) <b>MMA</b>	Cold quinoa fruit salad: Cooked quinoa (1 c) <b>WGR</b>	Whole-wheat roll (2 oz) <b>WGR</b>	Enriched buttermilk biscuit (2 oz)	Whole-grain granola cereal (½ c) <b>WGR</b>
	<b>FV</b> ½ cup	Cantaloupe cubes (½ c)	Sliced grapes, bananas, peaches, strawberries (½ c)	Diced fresh pears (½ c)	Clementine (½ c)	Sliced cherries (½ c)
	<b>A</b>			Low-fat cheese (½ oz)	Sliced ham (½ oz)	Low-fat yogurt (¼ c) <sup>1,2</sup>
	<b>O</b>		Orange yogurt sauce (1 Tbsp)			

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	<b>M</b> 1 cup	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)
	<b>G</b> 2 oz eq	Enriched corn muffin (3 oz) <b>WGR</b>	Cheddar cheese (2 oz) <b>MMA</b>	Cold pancake roll-up: Whole-grain pancakes (2½ oz) <b>WGR</b>	Whole-grain puffed cereal (1¼ c) <b>WGR</b> Enriched blueberry muffin (2 oz)	Whole-wheat English muffin (2 oz) <b>WGR</b>
	<b>FV</b> ½ cup	Banana (½ c)	Apple slices (½ c)	Diced strawberries (½ c)	Honeydew melon (½ c)	Sliced peaches (½ c)
	<b>A</b>					
	<b>O</b>			Syrup (1 Tbsp)		Sunflower butter (½ Tbsp)
Week 5	<b>M</b> 1 cup	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)	Unflavored low-fat milk (¾ c)
	<b>G</b> 2 oz eq	Whole-grain flaked cereal (2 c) <b>WGR</b>	Cinnamon cottage cheese (½ c) <b>MMA</b>	Peach-mango smoothie: Low-fat yogurt (1 c) <b>MMA</b>	Apple roll-up: Whole-grain tortilla (2 oz) <b>WGR</b>	Enriched pumpkin- cranberry bread (4 oz)
	<b>FV</b> ½ cup	Orange slices (½ c)	Red grapes (½ c)	Pureed peaches (¼ c) and mangos (¼ c)	Diced apples (½ c)	Cantaloupe cubes (½ c)
	<b>A</b>			Enriched apple muffin (2 oz)	Peanut butter (1 Tbsp)	
	<b>O</b>					

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## Resources

CACFP Meal Patterns for Adults (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/AdultmealpatternCACFP.pdf>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Summary Charts for the CACFP Adult Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting\\_Summary\\_Charts\\_CACFP\\_Adults.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP_Adults.pdf)

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/GuideCACFPMealPatternsAdults.pdf>

Meal Patterns for CACFP Adult Care Centers (CSDE webpage)

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Menu Planning Basics: A Guide for CACFP Operators in Child Care (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp>

Menu Planning for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers/Related-Resources#MenuPlanning>

Recipes for Child Nutrition Programs (CSDE's Meal Patterns for CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes>

Resource List for Menu Planning and Food Production for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMenuPlanning.pdf>

Resources for the CACFP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/ResourcesCACFPMealPattern.pdf>

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For more information on the CACFP adult meal patterns, refer to the CSDE's guide, *Meal Pattern Requirements for CACFP Adult Day Care Centers*, and visit the [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/AdultMenuBreakfastCold.pdf>.

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- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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